all his might—he had made great progress in this art, and he knew it. I threw him a look of recognition —in reality it hurt me cruelly. We do the same In our recognition of many of the talents. We do good to them when they hurt us.

173.

LAUGHING AND S:\riLiNG.-The more joyful and assured the mind becomes, the more man loses the habit of loud laughter. In compensation, there Is an intellectual smile continually bubbling up in him, a sign of his astonishment at the innumerable concealed delights of a good existence.

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THE TALK OF INVALIDS.—Just as In spiritual grief we tear our hair, strike our foreheads, lacerate our cheeks or even (like QEdipus) gouge our eyes out, so against violent physical pain we call to our aid a bitter, violent emotion, through the recollection of slanderous and malignant people, through the denigration of our future, through the sword-pricks and acts of malice which we mentally direct against the absent. And at times It Is true that one devil drives out another-—but then we have the other.—Hence a different sort of talk, tending to alleviate pain, should be recommended invalids : reflections upon the kindnesses and courtesies that can be performed towards friend and foe.

175.

MEDIOCRITY AS A MASK.—Mediocrity is the happiest mask which the superior mind can wear,